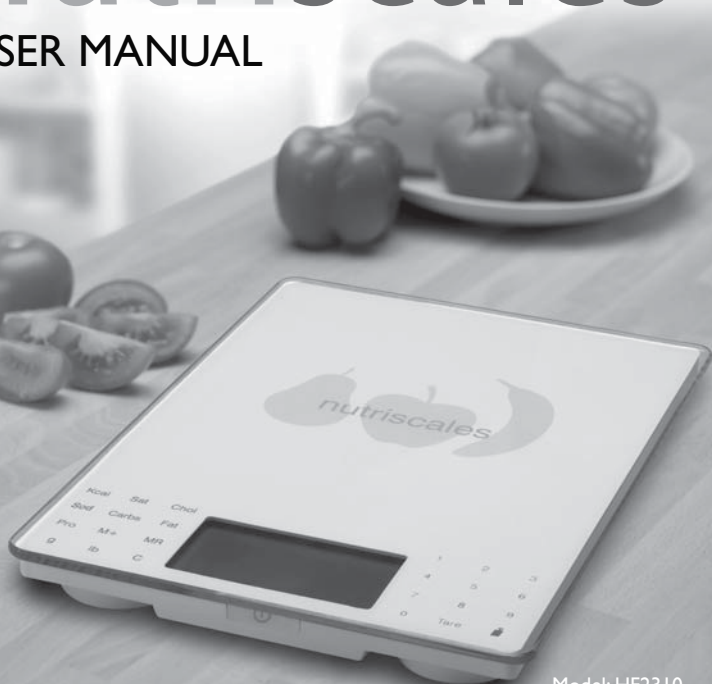




nutriscales

USER MANUAL



Model: HF2310

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1 Introduction

Thank you for choosing the Lloydspharmacy nutriscales.

Being overweight or obese is a serious health concern that affects approximately two thirds of the U.K. population. A healthy diet and regular exercise are the key ways for people to help improve their weight.

The Lloydspharmacy nutriscales are stylish kitchen scales that can help anyone dieting to control and understand their intake of calories, carbs, fats and other nutrients.

The Lloydspharmacy nutriscales are simple and easy to use, and by simply placing the food you want to measure onto the scales and entering the relevant code it will reveal the nutritional values of that food, which in turn help you monitor what you are eating.

Before using the Lloydspharmacy nutriscales, please read the instructions included in this user manual carefully.

The Lloydspharmacy nutriscales are intended for use in a diet programme. All figures calculated by the scales are based upon typical values provided by established sources. Since the values are based on typical values, we do not recommend that you use the data for the treatment of medical conditions, without first consulting your doctor.

We recommend you consult your doctor or dietician before you implement any diet programme.

The Lloydspharmacy nutriscales are a precision instrument so to keep the unit in the best condition, please follow the instructions for use carefully. The values in the memory may be lost if the scales are used incorrectly.

2 Features

- Simply weigh the food, enter the 3-digit food code from the list and press the desired value button to check the nutritional values, including calories, carbohydrates, fats, saturated fats, proteins, cholesterol and sodium.
- Programmed with nutritional data of 400 food items
- The **[M+]** and **[MR]** function can be used to add up and recall all the food values for daily or weekly analysis
- Auto shutdown after 3 minutes if not used
- Overload indication
- Low battery warning
- Memory overflow indication
- Unit of measurement selection between grams (**g**) and pounds (**lb**)

3 Part Description

Glass Top Weighing Platform

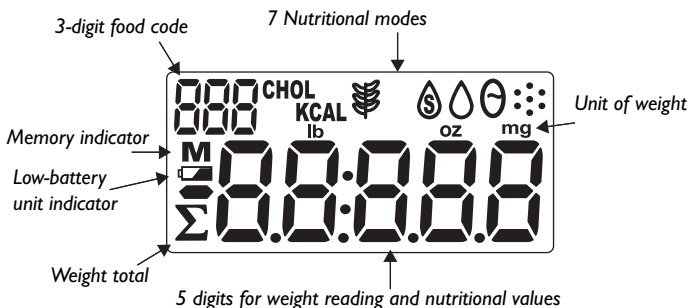


Large size LCD

ON/OFF Key







User friendly Touch control panel

3.1 LCD Display:



3.2 Key Description:



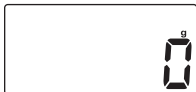
[TARE]	: Brings the weight back to zero.
[g]	: Grams
[lb]	: Pounds and ounces
[]	: Return to weighing mode
[M+]	: Add the last food weighed to the accumulator
[MR]	: Recall the total nutritional values from memory
[C]	: Press to clear the memory
[kcal]	: Check Calories, [kcal]
[Carbs]	: Check Carbohydrate values, []
[Fat]	: Check Fat values, []
[Sat]	: Check Saturated Fat values, []
[Pro]	: Check Protein values []
[Chol]	: Check Cholesterol values [Chol]
[Sod]	: Check Sodium values []
[0] to [9]	: For entering the food code

4 Operation Guidelines

4.1. Take weight measurement (Weighing Mode):

Ensure your scales is placed on a firm, level surface.

4.1.1 Press '[]' to turn on the scales. After 2 seconds, it will show "0 g".



4.1.2 Place your food item onto the scales. Your Scales will promptly display its weight e.g. 100g.



4.1.3. Unit selection "g" or "lb" and "oz":

Press [**g**] to select metric unit. Press [**lb**] to select imperial unit. The graduation in lb-oz is 0.1oz. For example, if the weight is 3000g, it will show 6lb 9.8oz if the switch is set to 'lb'.



4.1.4. To use TARE function:

Many food items (e.g. beans, nuts, milk) need to be in some sort of a container. For example, when weighing milk, you will need to put the milk into a container. First place the empty container on the scales, and press '[**TARE**]'. Your nutriscales will automatically set to zero (thus adjusting for the empty containers "tare" weight). If you remove the container from the scales in order to pour in the milk, the readout will temporarily display (with a minus sign) the negative weight of the empty container. When you put the container filled with milk back on the scales, the net weight of the milk will be displayed.

4.2. To calculate food item's nutritional values

4.2.1. Enter the Food Code:

With your food still displaying its weight, e.g. 100g of "Feta Cheese", refer to the Food Codes section and key-in the 3-digit code "233".

If you enter an incorrect code that the scales do not recognize, it will return to the "weighing mode" with the incorrect food code erased. Simply enter a new code again to continue. To erase an entered food code, press "weighing mode".



4.2.2. Press [kcal], [Carbs], [Fat], [Sat], [Pro], [Chol] or [Sod] to check the nutritional values of the current food item.

To return to weighing mode, simply press '[]'.

To add to memory, go to 4.3.1.


4.3. To ADD nutritional values to the accumulator:

The accumulation function allows you to total the nutritional values of all of the components of your meal.

4.3.1. After entering the food code (*refer to step 4.2.1*), you may press the '[M+]' key to add the nutritional data of the current food item to the memory of accumulated values.

For example, if you want to add the nutritional value of a meal consisting of sausages cooked in the oven, baked beans and a jacket potato, repeat the above step for all 3 food items. The "M" in the display will indicate that the values have been stored in the accumulator.

If you would like to know the protein content of your meal press the "MR" key followed by the [pro] key to display the total protein content. Repeat the process by pressing "MR" followed by the desired nutritional mode key to view the nutritional value of that mode.

4.3.2 To add the next food item, press '[]' to return to weighing mode first and then repeat the step above.

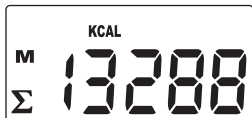
Remarks: If any total of the nutritional component exceeds the maximum capacity of the 5-digit display when adding the food, it will show the message :



and the current food data will not be added in the memory.

4.4. To recall memory:

- 4.4.1 Make sure the scales are in normal weighing mode. Press **[MR]** to start recalling the accumulated totals.



- 4.4.2 Press **[kcal]**, **[Carbs]**, **[Fat]**, **[Sat]**, **[Pro]**, **[Chol]** or **[Sod]** to check other nutritional values of the accumulator.

4.5. To clear memory:

If you wish to start adding up your food's nutritional values with a new day's or a new meal's aggregate values, press the **[C]** key when the scales are in weighing mode. The **"M"** in the display will not be shown anymore.

4.6. Error messages:

Overload (weight > 5000g)

Nutritional value overflow (maximum limit, please see section (5) Technical Specification.



4.7 Inserting Batteries:

The battery compartment is found on the back of the scales.

Insert 2 x 1.5V AA batteries, observing correct polarity.

Replace battery compartment cover.

Replace batteries when the low battery indicator is shown on the display.

Do not mix different types of batteries or old and new batteries.

Only batteries of the same or equivalent type as recommended are to be used.

Do not use rechargeable batteries.

Non-rechargeable batteries are not to be recharged.

Remove exhausted batteries from the unit.

Supply terminals are not to be short circuited.

Dispose of batteries safely according to battery manufacturer's instructions.

If batteries come into contact with the skin or eyes, wash immediately with copious amounts of water.

5 Technical Specification:

- Capacity : 5000 g or 11 lbs 0.4oz

Graduation : 1g or 0.1 oz

- Aggregate Memory Capacity for each nutrition category:

Calories : 99,999

Carbohydrate : 9,999.9g (1 decimal place)

Fats : 9,999.9g (1 decimal place)

Saturated Fats : 0.00g – 999.99g (2 decimal places)

1000.00 – 9999.9g (1 decimal place)

Protein : 9,999.9g (1 decimal place)

Cholesterol : 0.0 – 9999.9mg (1 decimal place)

10000 – 99999mg (0 decimal place)

Sodium : 0.0 – 9999.9mg (1 decimal place, in mg)

10000 – 99999mg (0 decimal place, in mg)

100.00 – 999.99g (2 decimal places, in g)

- Operating Temperature : + 10°C to + 40° C
- Battery : 2X 1.5V AA batteries

6 Care and Maintenance

- Lloydspharmacy nutriscales are intended for indoor household use only.
- The scales should be used on a firm and level surface.
- Keep the scales in an area free from direct sunlight, heating equipment, high humidity or extreme temperature changes.
- Never immerse the scales in water. To clean the unit, use a damp cloth and mild detergent.
- Do not press on weighing platform or place the scales upside down as this may cause damage.
- Since the scales are a sensitive electronic instrument, it may be easily affected by Radio Transmitting Devices close by (such as mobile phones, CE Radio and some microwave ovens). If the display shows erratic or erroneous data, please move the scales away from the source of interference or switch off that source while using the scales.

CODE**FOOD****101 - 204****GRAIN PRODUCTS:****101 - 109****FLOURS**

101	Wheat Flour, white plain
102	Wheat Flour, white, self raising
103	Wheat Flour, white, bread making
104	Wheat Flour, brown
105	Wheat Flour, wholemeal
106	Wheat germ
107	Corn flour
108	Soya, full fat
109	Soya, low fat

110 - 125**BREAD**

110	White, average
111	White, French stick
112	Brown, average
113	Wholemeal
114	Granary
115	Rye
116	Tesco, Roll, white, soft
117	Roll, white, crusty
118	Roll, wholemeal
119	Naan Bread
120	Pitta Bread, white
121	Weight Watchers
122	Weight Watchers Danish Malted
123	Danish Malted
124	New York Sesame Bagel
125	Sunblest White

126 - 134**RICE & PASTA**

126	Rice, White easy cook, raw
127	Rice, brown, raw
128	Macaroni, raw
129	Spaghetti, white, raw
130	Egg Noodles, raw
131	Tagliatelle, fresh, dry
132	Fusilli, dry
133	Basmati Rice, tilda, raw
134	Basmati Rice, brown, tilda, dry

135 - 154**BREAKFAST CEREALS**

135	All Bran
136	Bran Flakes
137	Cheerio's
138	Cheerio's Honey Nut
139	Coco pops
140	Cornflakes, Kelloggs
141	Frosties
142	Muesli, Swiss style
143	Porridge, made with water
144	Puffed wheat
145	Ready Brek
146	Rice Krispies
147	Ricicles
148	Shredded Wheat
149	Shredded Wheat, Honey Nut
150	Shreddies
151	Special K
152	Weetabix
153	Nestle Fitnesse
154	Nestle Cookie Crisp

155 - 169**BISCUITS**

155	Shortbread
156	Wafer, filled
157	Cream Crackers
158	Hovis Wheatgerm Crackers
159	Crispbread, rye
160	Rice Cakes
161	Carr's Water biscuits
162	McVitie's Digestive, plain
163	McVitie's Digestive, Chocolate
164	Maryland Choc/Hazelnut Cookies
165	Asda Malted Milk
166	Marks and Spencer's Jaffa Cakes
167	McVitie's Rich Tea
168	McVitie's Hob Nobs
169	McVitie's Fruit Shortcake

170 - 175	CAKES
170	Fruit cake, plain
171	Fruit cake,rich
172	Maderia
173	Sponge cake
174	Sponge cake, cream filled
175	Swiss roll, chocolate filled
176 - 189	PUDDINGS
176	Bread pudding
177	Christmas pudding
178	Custard, semi skimmed milk
179	Custard, whole milk
180	Custard, tinned
181	Jelly, made with water
182	Lemon meringue pie
183	Mousse, chocolate
184	Mousse, chocolate, low fat
185	Pancakes, sweet, made with whole milk
186	Rice pudding, tinned
187	Weight Watchers Rice pudding, tinned, low fat
188	Morrison's Rice Pudding
189	Heinz Treacle Pudding
190 - 193	PASTRY
190	Pastry, shortcrust, raw
191	Pastry, flaky, raw
192	Danish Pastry
193	Sainsbury's Puff Pastry
194 - 204	BUNS & PASTRIES
194	Crumpets, toasted
195	Currant buns
196	Custard Tarts
197	Danish Pastries
198	Doughnuts, jam
199	Doughnuts, ring
200	Eccels Cake
201	Jam Tart
202	Tesco Mince Pies
203	Sainsbury's Scones, fruit
204	Scones,plain

205 - 275	DAIRY PRODUCTS:
205 - 213	MILK
205	Skimmed, pasteurised
206	Skimmed, UHT fortified
207	Semi Skimmed, pasteurised
208	Semi Skimmed, UHT
209	Whole, pasteurised
210	Whole, sterilised
211	Condensed, skimmed, sweetened
212	Condensed, skimmed, sweetened
213	Evaporated, whole
214 - 224	CREAM
214	Cream, single, pasteurised
215	Cream, double, pasteurised
216	Cream, whipping, pasteurised
217	Elmlea, single
218	Elmlea, whipping
219	Elmlea, double
220	Cream, clotted, pasteurised
221	Tesco Cream, soured, pasteurised
222	Crème Fraiche
223	Asda Crème Fraiche, low fat
224	Dream Topping with semi skimmed milk
225 - 241	CHEESE
225	Brie
226	Camembert
227	Cathedral City Cheddar
228	Cheese Spread, plain
229	Cottage Cheese, plain
230	Cottage Cheese, reduced fat
231	Cream cheese
232	Edam
233	Feta
234	Mozzarella, fresh
235	Parmesan, fresh
236	Wensleydale Cheese
237	Cheshire Cheese
238	Goats Cheese
239	Red Leicester Cheese
240	Cheese Triangles
241	St Agur Cheese

242 - 244	ICE CREAM
242	Dairy, vanilla
243	Ice-cream, choc ice
244	Tesco Ice Cream Roll
245 - 253	YOGHURTS
245	Shape Greek
246	Virtually fat free, plain
247	Virtually fat free, fruit
248	Low fat, plain
249	Low fat, fruit
250	Whole milk, plain
251	Whole milk, fruit
252	Soya, full fat
253	Shape, strawberry, low fat
254 - 265	EGGS & EGG DISHES :
254	Egg white, raw
255	Egg yolk, raw
256	Eggs, whole, raw
257	Eggs, scrambled with milk
258	Eggs, poached
259	Omelette, plain
260	Omelette, with cheese
261	Tesco Healthy Eating Quiche, cheese
262	Tesco Quiche Lorraine
263	Tesco Quiche, mushroom
264	Tesco Quiche, Cheese and bacon
265	Asda Savoury egg
266 - 275	FATS & OILS :
266	Butter
267	Lard
268	Olive Oil
269	Sesame Oil
270	Vegetable Oil
271	Margarine, hard, animal & vegetable fat
272	Margarine, hard, vegetable fat only
273	Stork Margarine, polyunsaturated
274	Flora Light Margarine,
275	Suet, shredded

276 - 325	MEAT & POULTRY :
276 - 278	BACON
276	Danepak, Back rasher, lean & fat, raw
277	Streaky rasher, lean & fat, raw
278	Gammon, steak
279 - 284	BEEF
279	Braising, lean & fat, raw
280	Mince, raw
281	Rump Steak, lean & Fat, raw
282	Stewing steak, lean & Fat, raw
283	Topside, lean & fat, raw
284	Sirloin Steak, lean & Fat, raw
285 - 290	LAMB
285	Breast, lean & fat, raw
286	Chops, loin, lean & fat, raw
287	Leg, lean & fat, raw
288	Mince raw
289	Lambs Liver
290	Shoulder, lean & fat, raw
291 - 295	PORK
291	Sausage, raw
292	Belly Slices
293	Chops, loin, lean & fat, raw
294	Leg, lean & fat, raw
295	Pork, lean only, raw
296 - 302	POULTRY
296	Chicken, light meat, raw
297	Chicken, dark meat, raw
298	Chicken, meat & skin, raw
299	Duck, meat only, raw
300	Turkey, light meat, raw
301	Turkey, dark meat, raw
302	Turkey, meat & skin, raw

303 - 306	OFFAL
303	Kidney, lamb, fried
304	Kidney, pig, stewed
305	Liver, lamb, fried
306	Liver, pigs, stewed
307 - 320	MEAT PRODUCTS
307	Birds Eye Beefburgers
308	Quorn Burgers
309	Frey Bentos Steak & Kidney Pie
310	Corned Beef
311	Cornish pastie
312	Ham
313	Liver sausage
314	Luncheon meat, tinned
315	Meat paste
316	Pork Farms Pork Pie
317	Salami
318	Quorn Ham, wafer thin
319	Tesco beef, wafer thin
320	Tesco beef, roast, sliced
321 - 325	SAUSAGES
321	Pork, raw
322	Pork, low fat, raw
323	Beef, raw
324	Vegetarian, raw
325	Sausage roll, flaky pastry
326 - 347	FISH & SHELLFISH :
326 - 329	FISH
326	Cod, fillets, raw
327	Haddock, fillets, raw
328	Hailbut,grilled
329	Lemon Sole, raw

330 - 340	OILY FISH
330	Anchovies, tinned in oil, drained
331	Herring, raw
332	Mackerel, raw
333	Pilchards, tinned in tomato sauce
334	Salmon, raw
335	Salmon, tinned
336	Prices Sardines, tinned in brine
337	Sardines, tinned in tomato sauce
338	Trout, weighed with bone, grilled
339	Tuna canned in oil
340	Whitebait, fried
341 - 343	SHELL FISH
341	Crab, fresh cooked
342	Mussels, boiled
343	Prawns, boiled
344 - 347	FISH PRODUCTS
344	Tesco Crab Sticks
345	Fish Cakes
346	Birds Eye Fish Fingers
347	Fish paste
348 - 457	VEGETABLES & FRUITS :
348 - 363	SALAD VEGETABLES
348	Baxters Beetroot, raw
349	Waitrose Beetroot, pickled, drained
350	Celery, raw
351	Chicory, raw
352	Cucumber, raw
353	Fennel, raw
354	Lettuce, raw
355	Mange-tout peas, raw
356	Onions, raw
357	Onions, pickled, drained
358	Peppers, capsicum, green, raw
359	Peppers, capsicum, red, raw
360	Radish
361	Spring Onions
362	Tomatoes, raw
363	Watercress, raw

364	Asparagus, raw
365	Aubergine, raw
366	Broccoli, green, raw
367	Brussel sprouts, raw
368	Cabbage, raw
369	Cabbage, white
370	Carrots, Raw
371	Carrots Baby
372	Cauliflower, raw
373	Chips, oven, baked
374	Chips, homemade, fried in oil
375	Corn on the cob, boiled
376	Courgette, raw
377	Garlic, raw
378	Green Beans, raw
379	Leeks, raw
380	Mange-tout peas, boiled
381	Pak Choi
382	Mushrooms
383	Okra, raw
384	Parsnips, raw
385	Peas, raw
386	Potatoes raw
387	Potatoes, Red Skin
388	Pumpkin, boiled
389	Runner beans, raw
390	Spinach, raw
391	Swede, raw
392	Sweet potato, raw
393	Turnip, raw
394	Green Giant Sweetcorn
395	Heinz Baked Beans

OTHER VEGETABLES	
396	PRODUCTS
396	Tomato puree
397 - 403	PULSES
397	Butter Beans canned
398	Chickpeas
399	Lentils, green & brown, dried, raw
400	Lentils, red, split, dried, raw
401	Red Kidney beans, dried, raw
402	Soya beans, dried, raw
403	Tofu, Soya beans, steamed
404 - 430	FRUIT
404	Apples eating, raw, with skin
405	Apricots, raw
406	Avocado
407	Banana, weighed with skin
408	Blackberries
409	Blackcurrants
410	Cherries
411	Gooseberries
412	Grapefruit, weighed with peel and pips
413	Grapes, seedless
414	Kiwi Fruit, weighed with skin
415	Lemons, whole, without pips
416	Mangoes, ripe
417	Melon, Cantalou
418	Melon, Casaba pe
419	Melon, Honeydew
420	Nectarines, flesh only
421	Oranges, flesh only
422	Peaches, flesh only
423	Pears
424	Pineapple, flesh only
425	Plums, weighed with stones
426	Raspberries
427	Rhubarb
428	Satsumas
429	Strawberries
430	Watermelon, flesh only

431 - 438**DRIED FRUIT**

431	Apricots, dried, ready to eat
432	Currants
433	Dates, dried, weighed with stones
434	Dried mixed fruit
435	Figs, dried
436	Prunes, dried, ready to eat
437	Raisins
438	Morrison's Sultanas

439 - 457**NUTS, SEEDS & SNACKS :**

439	Almonds
440	Bombay Mix
441	Brazil Nuts
442	Bread Sticks
443	Cashew nuts, roasted and salted
444	Chestnuts
445	Coconut, dessicated
446	Hazelnuts
447	Peanut butter, smooth
448	Peanuts, dry roasted
449	Peanuts, plain
450	Peanuts, salted & roasted
451	Popcorn
452	Pork Scratchings
453	Potato Hoops
454	Pistachio nuts
455	Sunflower seeds
456	Tortilla Chips
457	Walnuts

458 - 500**MISCELLANEOUS :****458 - 467****SUGARS & PRESERVES**

458	Chocolate Spread
459	Honey
460	Tesco Jam, fruit with edible seeds
461	Tesco Jam, fruit seedless
462	Tesco Lemon curd
463	Marmalade
464	Mince meat
465	Silver Spoon Sugar, white
466	Silver Spoon Sugar, demerara
467	Billingtons Raw Cane Sugar

468 - 476**BEVERAGES**

468	Beer - Bitter
469	Cider
470	Lager
471	Red Wine
472	Rose Wine
473	Sprits, 40% vol
474	White Wine, medium
475	Diet Cola
476	Cola

477 - 486**Soups and Sauces**

477	Chicken Soup
478	Minestrone Soup
479	Tomato Soup
480	Vegetable Soup
481	Cheese Sauce
482	White Sauce
483	Mayonaise
484	Mayonaise Reduced Calorie
485	Gravy, Instant
486	Bisto Gravy Granules

487 - 500	SAVOURIES
487	Cauliflower cheese
488	Dumplings
489	Houmous
490	Macaroni cheese
491	Olives, in brine
492	Pappadums, fried in vegetable oil
493	Pizza, cheese & tomato, thin crust
494	Pizza, cheese & tomato, deep pan
495	Potato crisps, Ready Salted
496	Potato crisps, low fat
497	Salad Cream
498	Sainsbury's Samosas, meat
499	Stuffing, made with water
500	Tzatziki

The information in this manual is subject to change for improvement reasons, without notice. The manufacturer assumes no liability for errors, direct, indirect, special, incidental or consequential damages as a result of incorrect use of the scales, manual or any related materials.

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